

EMERGENCY SUPPLIES

Using the following checklist as a guide, assemble emergency supplies for your family. As your family's needs change, so should your emergency supply kit. Once a year, check your supplies. Replace the batteries, test the cooking and lighting equipment, update the clothes, etc.

Cooking

- ☐ Aluminum foil
- ☐ Barbecues, camp stoves, hibachis, Sterno stoves, etc.
- ☐ Fuel for your cooking equipment (propane, charcoal, kerosene, butane, white gas, etc.)
- ☐ Manual can and bottle opener
- ☐ Matches (Use waterproof matches or store regular matches in a waterproof container. Waterproof matches are available at camping and sporting goods stores.)
- ☐ Paper plates and cups
- ☐ Paper towels
- ☐ Plastic eating utensils
- ☐ Storage containers with sealable lids
- ☐ Utility knife

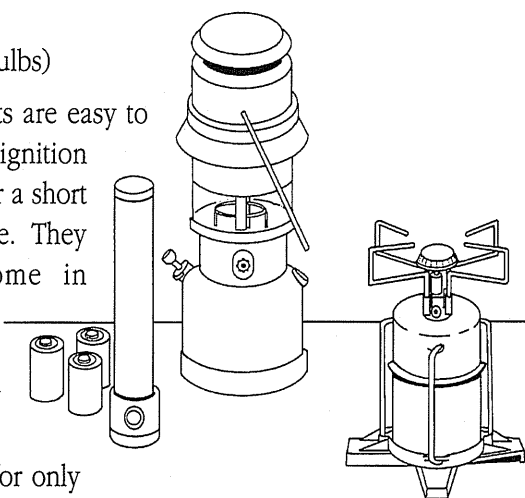
After an earthquake, do not use your fireplace for cooking until the chimney has been inspected for cracks and damages. Sparks may escape into the attic through an undetected crack and start a fire.

COOKING NOTE

It is important to always use your cooking equipment outdoors in an area that is well ventilated since fumes consume oxygen.

Lighting

- ☐ Flashlights (Include extra batteries and bulbs)
- ☐ Lightsticks These chemical safety lights are easy to use and do not require batteries or an ignition source to operate. They provide light for a short period of time and can be used only once. They are small, easy to store and come in various colors (yellow, red, green, orange, etc.). They have a shelf life of about 3 years. The low intensity lightsticks provide light for 8 hours. The high intensity lightsticks give light for only 30 minutes however, they are 3-4 times brighter than the low intensity lightsticks. Since they are non-toxic, spark proof, wind proof, waterproof, and non-corrosive, they can be used in situations where there may be a gasoline, natural gas or toxic chemical spill. Lightsticks are available at many sporting goods stores.



LIGHTING NOTE

Always check for gas leaks before using matches, lanterns or candles. Do not use them if there is a leak. Once you have determined the gas is not leaking, use them only in a well-ventilated area since they consume oxygen.

- ☐ Lanterns (Include extra fuel and supplies)
- ☐ Candles

Tools and Clean-up

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|---|---|--|
| <input type="checkbox"/> Ax | <input type="checkbox"/> Broom | <input type="checkbox"/> Dust masks |
| <input type="checkbox"/> Fire extinguisher (A:B:C type) | <input type="checkbox"/> Hammer | <input type="checkbox"/> Nails and screws |
| <input type="checkbox"/> Plastic bags and sheeting | <input type="checkbox"/> Plywood | <input type="checkbox"/> Rope |
| <input type="checkbox"/> Screwdriver | <input type="checkbox"/> Shovel | <input type="checkbox"/> Tape (duct, etc.) |
| <input type="checkbox"/> Wire cutters | <input type="checkbox"/> Work gloves for all family members | |

Shelter

- | | |
|--|-------------------------------|
| <input type="checkbox"/> Blankets | <input type="checkbox"/> Tarp |
| <input type="checkbox"/> Sleeping bags | <input type="checkbox"/> Tent |

Sanitation

- ☐ Personal hygiene supplies - adapt these to meet your family's needs:
comb, shampoo, diapers, deodorant, soap, diaper wipes, pre-moistened towelettes, toothbrush, baby powder, sanitary napkins, toothpaste
- ☐ Powdered chlorinated lime or agricultural lime (Agricultural lime is available at garden supply stores)
- ☐ Water tight container with a tight-fitting lid (Pail, bucket, garbage can, etc.)
- ☐ Disinfectant ☐ Household chlorine bleach
- ☐ Plastic garbage bags ☐ Sealable plastic bags (Zip lock-type)
- ☐ Toilet paper ☐ Twist ties or rubber bands

Portable camp toilets, porta-potties or recreational vehicle toilets can be used for toilets. If these are not available, make an emergency toilet from a water tight container. Line the container with two heavy duty plastic garbage bags. Add disinfectant, household chlorine bleach or powdered chlorinated lime to deodorize and disinfect. Do not urinate into the plastic bags as urine weakens the plastic. Use a separate water tight container for urination.

In an emergency, human waste can be buried. Dig a hole two to three feet deep and deposit the waste. Add a thin layer of disinfectant and soil each time it is used.

Personal Items

- | | |
|--|---|
| <input type="checkbox"/> Books, games and toys | <input type="checkbox"/> Contact lens cases and solutions |
| <input type="checkbox"/> Denture supplies | <input type="checkbox"/> Eyeglasses - store an extra pair |
| <input type="checkbox"/> Medication - prescription and non-prescription (aspirin, allergy, etc.) | |
| <input type="checkbox"/> Money - cash and coins | <input type="checkbox"/> Paper and pencil |

Clothing

- ☐ Rain gear ☐ Thermal underwear
- ☐ Sturdy shoes - keep a pair near the bed to protect your feet from broken glass, nails, etc.
- ☐ One complete change of clothing for each family member. Do not forget extra socks and shoes.

Pets

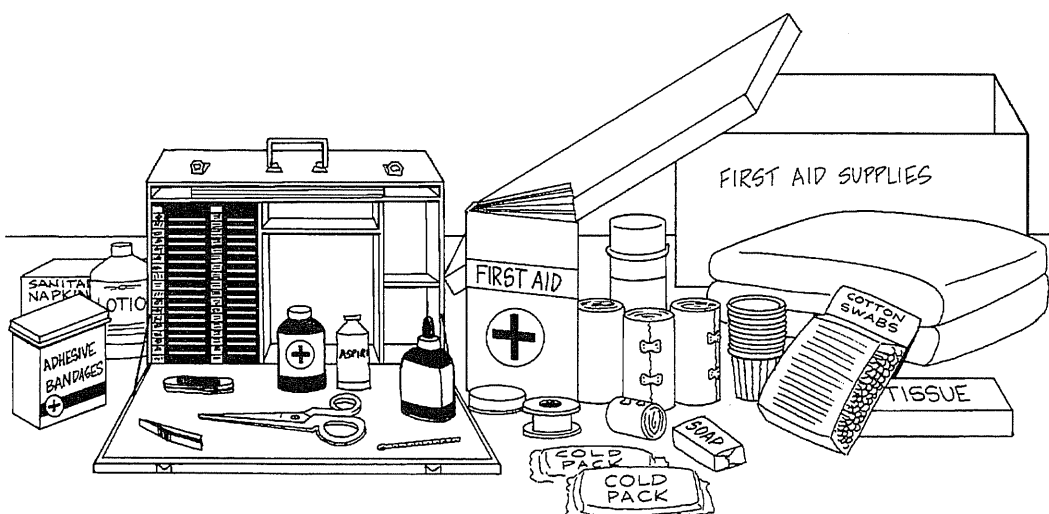
- ☐ Carriers and portable kennels
 - ☐ Food and water bowls
 - ☐ Non-perishable pet food
 - ☐ Collars and leashes
 - ☐ Medication

FIRST AID SUPPLIES

- ☐ Assemble a first aid kit. The items suggested below are only examples and should be tailored to meet your family's needs.

Keep your first aid kit current. Some items have expiration dates. Use it regularly so you are familiar with what is in it.

Your supplies will be easy to carry and protected from water if you store them in a small tool or fishing tackle box. A backpack is convenient, however it is not waterproof.



FIRST AID SUPPLY
NOTE

When buying medical supplies, remember to check the expiration dates. Buy only fresh supplies for the longest shelf life.

Medical information and prescriptions can be stored in the refrigerator. This provides excellent protection from fires.

Medications

- ☐ Antacids
- ☐ Antibiotic ointment for dressing wounds
- ☐ Antiseptic solution
- ☐ Aspirin (to reduce swelling) and non-aspirin tablets
- ☐ Diarrhea medicine
- ☐ Eye drops
- ☐ Laxatives
- ☐ Vitamin supplements
- ☐ Hydrogen peroxide to wash and disinfect wounds
- ☐ Individually wrapped alcohol swabs (available at drugstores)
- ☐ Prescriptions from doctor for any long term medications (keep these current)
- ☐ Syrup of Ipecac (to induce vomiting)

Bandages/Dressings

- | | |
|--|---|
| <input type="checkbox"/> Ace bandages | <input type="checkbox"/> Adhesive tape roll - 1/2" or 1" wide |
| <input type="checkbox"/> Bandages | <input type="checkbox"/> Bandage, sterile roll - 2" or 4" wide |
| <input type="checkbox"/> Butterfly bandages | <input type="checkbox"/> Clean sheets torn into strips |
| <input type="checkbox"/> Cotton balls and cotton-tipped swabs | <input type="checkbox"/> Plastic strip bandages - assorted sizes |
| <input type="checkbox"/> Rolled gauze - 1 each of 1", 2", and 3" | <input type="checkbox"/> Triangular bandages (three each 36" x 36" x 50") |

Additional supplies

- | | |
|--|---|
| <input type="checkbox"/> Ammonia inhalant (smelling salts) | <input type="checkbox"/> Anti-bacterial soap |
| <input type="checkbox"/> Bar soap | <input type="checkbox"/> First aid book (i.e., "Standard First Aid and Personal Safety" from the American Red Cross.) |
| <input type="checkbox"/> Instant heat packs | <input type="checkbox"/> Instant cold packs for sprains and burns |
| <input type="checkbox"/> Latex gloves | <input type="checkbox"/> Medicine dropper |
| <input type="checkbox"/> Metallic space blankets | <input type="checkbox"/> Needle and thread |
| <input type="checkbox"/> Paint brush (natural bristle for removing glass pieces) | <input type="checkbox"/> Paper cups |
| <input type="checkbox"/> Plastic bags | <input type="checkbox"/> Plastic spoons |
| <input type="checkbox"/> Pocket knife | <input type="checkbox"/> Pre-moistened towelettes |
| <input type="checkbox"/> Safety pins | <input type="checkbox"/> Saline solution |
| <input type="checkbox"/> Sanitary napkins | <input type="checkbox"/> Scissors |
| <input type="checkbox"/> Skin lotion | <input type="checkbox"/> Splinting materials |
| <input type="checkbox"/> Sunscreen lotion | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Tissues | <input type="checkbox"/> Tweezers |
| <input type="checkbox"/> Waterproof matches | <input type="checkbox"/> Writing materials - pen, pencil and paper |

Creative First Aid Supplies

If your first aid supplies are destroyed or become inaccessible after a disaster, you can use some common household items you may already have available. Bandages, dressings, splints and stretchers can be made from everyday items.

Bandages/Dressings:

Clean rags, towels, sheets and linens
Diapers - disposable and regular
Handkerchief, sanitary napkins, scarf

Splints:

Boards, brooms, oars, straight sticks, umbrellas
Pieces of corrugated cardboard bent to form a three-sided box
Pillows, rolled blankets, newspaper or magazines

Dressings and bandages can be held with:

Belts, handkerchiefs, neckties
Nylon stockings, plastic bags, rope
Safety pins, string, strips of cloth torn from shirts or sheets

STORAGE OF EMERGENCY SUPPLIES

Decide where and how to store your emergency water and food and supplies. This decision is just as important as deciding to gather the supplies.

- ☐ Store your supplies in a sturdy container.

Your emergency supplies can be stored in a large, covered trash container. They can also be placed in a backpack, duffel bag or a box, however, these containers are not as sturdy and do not offer the same protection as a covered trash container. To protect items from moisture, place them in airtight plastic bags before putting them in the container.

